



Winter 2017

The City of Huntington Park's Tiny Tot program is geared for preschool aged children and is designed to build self-esteem, develop socialization skills & a sense of independence, assist children in learning how to play & share with others, assist children in learning how to express through arts & craft, music and dance activities, develop a basic understanding of shapes, colors, numbers and the alphabet, expand their vocabulary and listening skills, and foster a positive attitude towards school. For more information please contact the recreation office.

Session Dates:
1/3/17 to 3/19/17

Calling out all Seniors! Join and participate in the senior program on Mondays, Wednesdays and Fridays. The program is located at the Huntington Park Community Center 9am - 2pm. Seniors dance, play bingo, knit, go on excursion trips and partake in recreational activities.



This sports program provides an opportunity for youth to partake in an organized and structured athletic program that facilitates participants to achieve a sense of personal enjoyment and an appreciation for physical growth and improvement. For more information, please contact the Parks and Recreation Center at 323-584-6218 or visit www.hpca.gov.

Registrations:
1/3/17 - 3/4/17



@huntingtonpark_parksandrec



RECREATION CLASSES

Class availability, dates, and times are subject to change. For more information please contact the Recreation Center at (323) 584-6218.

FITNESS & WELLNESS

Aerobic Body Toning

Aerobic Body Toning offers a well-balanced and complete workout that will help you improve your cardiovascular fitness coordination and burn calories by learning a choreographed routine to the latest music.

Fee: \$28

Instructor: Estela Ramirez

Location: Salt Lake Park Social Hall (3401 E. Florence Ave.)

1/9/17 to 2/6/17	Mon - Thurs	8:45am - 9:45am	16 classes	Ages: 12+
2/13/17 to 3/13/17	Mon - Thurs	8:45am - 9:45am	16 classes	Ages: 12+
3/20/17 to 4/13/17	Mon - Thurs	8:45am - 9:45am	16 classes	Ages: 12+
4/24/17 to 5/18/17	Mon - Thurs	8:45am - 9:45am	16 classes	Ages: 12+



Cardio Kickboxing

Burn fat, firm muscles, and relieve stress with a total body workout. The movements learned in this class will help: work upper body by jabbing, lean/tone legs by kicking and firm your abdominal muscles with knee strikes.

Fee: \$35

Instructor: Norma Urena

Location: Salt Lake Park Mat Room (3401 E. Florence Ave.)

2/14/17 to 3/9/17	Tue - Thurs	6:30pm - 7:30pm	12 classes	Ages: 12+
3/21/17 to 4/13/17	Tue - Thurs	6:30pm - 7:30pm	12 classes	Ages: 12+
4/25/17 to 5/18/17	Tue - Thurs	6:30pm - 7:30pm	12 classes	Ages: 12+

TODDLER CLASSES

Creative Little Hands

Fun four-week program gives children the opportunity to develop their creativity through different arts and craft activities.

Fee: \$30

Instructor: Carla Torres

Location: Salt Lake Park Club Room #3 (3401 E. Florence Ave.)

1/20/17 to 2/10/17	Friday	9:00-10:30 am	4 classes	Ages: 3-5
2/17/17 to 3/10/17	Friday	9:00-10:30 am	4 classes	Ages: 3-5
3/24/17 to 4/14/17	Friday	9:00-10:30 am	4 classes	Ages: 3-5
4/28/17 to 5/19/17	Friday	9:00-10:30 am	4 classes	Ages: 3-5

Start Right!

In this 10 week program, students will have the opportunity to practice the essential skills needed to begin the school year successfully. Participants will engage in learning different academic concepts and have the chance to interact with old friends and meet new ones as well.

Fee: \$115

Instructor: Carla Torres

Location: Salt Lake Park Club Room #3 (3401 E. Florence Ave.)

1/18/17 to 3/29/17	Mon & Wed	8:30-10:30 am	20 classes	Ages: 3-5
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SPECIAL INTEREST

Ice Skating

Paramount Iceland's enthusiastic and dedicated coaching staff encourages skaters of all ages and all levels to have fun while learning the fundamentals of skating, gliding, turning, stopping....and a trick or two!

Skate rental is included in class fee. Must wear helmet.

Fee: \$50

Instructor: Iceland Staff

Location: Paramount Iceland (8041 Jackson St., Paramount, CA 90723)

Tuesday Classes

1/10/17 to 1/31/17	Tuesday	5:30 - 6:15pm	4 classes	Ages: 3-18
2/14/17 to 3/7/17	Tuesday	5:30 - 6:15pm	4 classes	Ages: 3-18
3/21/17 to 4/11/17	Tuesday	5:30 - 6:15pm	4 classes	Ages: 3-18
4/25/17 to 5/16/17	Tuesday	5:30 - 6:15pm	4 classes	Ages: 3-18

Friday Classes

1/13/17 to 2/3/17	Friday	6:15pm - 7:00pm	4 classes	Ages: 3 - 18
2/17/17 to 3/10/17	Friday	6:15pm - 7:00pm	4 classes	Ages: 3 - 18
3/24/17 to 4/14/17	Friday	6:15pm - 7:00pm	4 classes	Ages: 3 - 18
4/28/17 to 5/19/17	Friday	6:15pm - 7:00pm	4 classes	Ages: 3 - 18

Saturday Classes

1/14/17 to 2/4/17	Saturday	11:30am - 12:15pm	4 classes	Ages: 3 - 18
2/18/17 to 3/11/17	Saturday	11:30am - 12:15pm	4 classes	Ages: 3 - 18
3/25/17 to 4/15/17	Saturday	11:30am - 12:15pm	4 classes	Ages: 3 - 18
4/29/17 to 5/20/17	Saturday	11:30am - 12:15pm	4 classes	Ages: 3 - 18

Community First Aid & CPR

Course is for anyone with limited or no medical training who wants to learn basic first aid to help their family or co-worker. If participant requires a course completion card to meet job, regulatory or other requirements, participant may discuss with instructor prior to the class starting. **(No refunds for this class 48 hours prior to the first day of class)**

Fee: \$75

Instructor: Gerald Chavarria

Location: Salt Lake Park Club Room #2 (3401 E. Florence Ave.)

Spanish Classes

1/28/17	Saturday	10:00 am - 2:00 pm	1 class	Ages: 13+
3/25/17	Saturday	10:00 am - 2:00 pm	1 class	Ages: 13+
5/27/17	Saturday	10:00 am - 2:00 pm	1 class	Ages: 13+

English Classes

1/14/17	Saturday	10:00 am - 2:00 pm	1 class	Ages: 13+
3/11/17	Saturday	10:00 am - 2:00 pm	1 class	Ages: 13+
5/6/17	Saturday	10:00 am - 2:00 pm	1 class	Ages: 13+

Sewing & Auto Upholstery 101

Save money and dress in style by sewing your own clothes. Students will learn how to select patterns, fabrics, pattern layout, and construction. You can also learn auto upholstery, learn basic sewing, diamond tufting and how to sew pleats.... And much more!

\$20 mandatory materials fee

Fee: \$60

Instructor: Cintia Valencia

Location: Salt Lake Park Lounge (3401 E. Florence Ave.)

1/21/17 to 2/25/17	Saturday	9:00am - 12:00pm	6 classes	Ages: 12+
3/4/17 to 4/8/17	Saturday	9:00am - 12:00pm	6 classes	Ages: 12+
4/22/17 to 5/27/17	Saturday	9:00am - 12:00pm	6 classes	Ages: 12+

RECREATION CLASSES

Karate

Looking for a class where you or your child can learn self-defense and get a good workout? If so, karate is for you. Learn how to defend yourself while enjoying an excellent workout.

Fee: \$42 **Instructor:** Adolfo Pacheco

Location: Salt Lake Park Social Hall (3401 E. Florence Ave.)

1/9/17 to 2/6/17	Mon & Wed	6:00pm - 7:00pm	8 classes	Ages: 7+
2/13/17 to 3/13/17	Mon & Wed	6:00pm - 7:00pm	8 classes	Ages: 7+
3/20/17 to 4/12/17	Mon & Wed	6:00pm - 7:00pm	8 classes	Ages: 7+
4/24/17 to 5/17/17	Mon & Wed	6:00pm - 7:00pm	8 classes	Ages: 7+

MUSIC CLASSES

Guitar (Acoustic)

Don't sit back and watch others play guitar. Bring your guitar and learn: how to read music, different cords and how to play simple songs in a welcoming group setting. **\$17.50 mandatory for guitar book. Students must provide their own guitar.**

Fee: \$40

Ages: 8+

Total Classes: 4

Instructor: Adolfo Pacheco

Location: Salt Lake Park Lounge
(3401 E. Florence Ave.)

2/16/17 to 3/9/17	Thursday	6:30pm - 7:30pm
3/23/17 to 4/13/17	Thursday	6:30pm - 7:30pm
4/27/17 to 5/18/17	Thursday	6:30pm - 7:30pm



Nippon Kempo (Self Defense)

Nippon Kenpo uses self-defense techniques in sticking, kicking, throwing, reverse-holds, and ground combat. We are very similar to MMA/UFC martial arts (body armor is used during training and competition tournaments). Leadership, anti-bullying, health & wellness, and nutrition education classes are included in the curriculum.

\$40 mandatory uniform fee

Fee: \$40 **Instructor:** Manuel Prieto

Location: Perez Park Banquet Hall (6208 Alameda St.)

1/10/17 to 2/2/17	Tue & Thurs	6:00pm - 7:00pm	8 classes	Ages: 5+
1/10/17 to 2/2/17	Tue & Thurs	7:00pm - 8:00pm	8 classes	Ages: 5+
2/14/17 to 3/9/17	Tue & Thurs	6:00pm - 7:00pm	8 classes	Ages: 5+
2/14/17 to 3/9/17	Tue & Thurs	7:00pm - 8:00pm	8 classes	Ages: 5+
3/21/17 to 4/13/17	Tue & Thurs	6:00pm - 7:00pm	8 classes	Ages: 5+
3/21/17 to 4/13/17	Tue & Thurs	7:00pm - 8:00pm	8 classes	Ages: 5+
4/25/17 to 5/18/17	Tue & Thurs	6:00pm - 7:00pm	8 classes	Ages: 5+
4/25/17 to 5/18/17	Tue & Thurs	7:00pm - 8:00pm	8 classes	Ages: 5+

DANCE

Folklorico

Join the fun in Folklorico dance. Learn about Mexican culture through fun and enjoyable Folklorico dances that represent the different regions of Mexico. No previous experience necessary.

Mandatory items include: Shoes (\$45-child) (\$60 adult), Skirt (\$35), Head Piece (\$10), Black Leotard (\$12-\$20)

Fee: \$35 **Instructor:** Aaron Cruz

Location: Salt Lake Park Club Room #4 (3401 E. Florence Ave.)

Monday Classes

Folklorico Beg.	1/9/17 to 2/27/17	4:30pm - 5:30pm	6 classes	Ages: 4 - 7
Folklorico Beg.	3/6/17 to 4/10/17	4:30pm - 5:30pm	6 classes	Ages: 4 - 7

Folklorico Beg.	4/17/17 to 5/22/17	4:30pm - 5:30pm	6 classes	Ages: 4 - 7
Folklorico Int.	1/9/17 to 2/27/17	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Int.	3/6/17 to 4/10/17	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Int.	4/17/17 to 5/22/17	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Adv.	1/9/17 to 2/27/17	6:30pm - 7:30pm	6 classes	Ages: 14 - 18
Folklorico Adv.	3/6/17 to 4/10/17	6:30pm - 7:30pm	6 classes	Ages: 14 - 18
Folklorico Adv.	4/17/17 to 5/22/17	6:30pm - 7:30pm	6 classes	Ages: 14 - 18

Tuesday Classes

Folklorico Int.	1/10/17 to 2/28/17	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Int.	3/7/17 to 4/11/17	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Int.	4/18/17 to 5/23/17	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Adv.	1/10/17 to 2/28/17	6:30pm - 7:30pm	6 classes	Ages: 14 - 18
Folklorico Adv.	3/7/17 to 4/11/17	6:30pm - 7:30pm	6 classes	Ages: 14 - 18
Folklorico Adv.	4/18/17 to 5/23/17	6:30pm - 7:30pm	6 classes	Ages: 14 - 18

Ballet

Creative movement class will introduce the basics of ballet techniques and terminology. Class includes learning body alignment, posture and flexibility.

Participants must wear a leotard, leather ballet shoes, and hair in a bun.

Fee: \$40 **Instructors:** Lucia Castillo (Fri), Dulce Chavez (Sat)

Location: Salt Lake Park Club Room #4 (3401 E. Florence Ave.)

Friday Classes

Pre Ballet	1/20/17 to 2/24/17	4:15pm - 5:00pm	6 classes	Ages: 3 - 4
Pre Ballet	3/3/17 to 4/7/17	4:15pm - 5:00pm	6 classes	Ages: 3 - 4
Pre Ballet	4/21/17 to 5/26/17	4:15pm - 5:00pm	6 classes	Ages: 3 - 4
Kinder Ballet	1/20/17 to 2/24/17	5:00pm - 5:45pm	6 classes	Ages: 5 - 6
Kinder Ballet	3/3/17 to 4/7/17	5:00pm - 5:45pm	6 classes	Ages: 5 - 6
Kinder Ballet	4/21/17 to 5/26/17	5:00pm - 5:45pm	6 classes	Ages: 5 - 6
Beg Ballet	1/20/17 to 2/24/17	6:00pm - 6:45pm	6 classes	Ages: 7 - 12
Beg Ballet	3/3/17 to 4/7/17	6:00pm - 6:45pm	6 classes	Ages: 7 - 12
Beg Ballet	4/21/17 to 5/26/17	6:00pm - 6:45pm	6 classes	Ages: 7 - 12

Saturday Classes

Pre Ballet	1/14/17 to 2/18/17	12:00pm - 12:45pm	6 classes	Ages: 3.5 - 4
Pre Ballet	3/4/17 to 4/8/17	12:00pm - 12:45pm	6 classes	Ages: 3.5 - 4
Pre Ballet	4/22/17 to 5/27/17	12:00pm - 12:45pm	6 classes	Ages: 3.5 - 4
Kinder Ballet	1/14/17 to 2/18/17	11:00am - 11:45am	6 classes	Ages: 5 - 6
Kinder Ballet	3/4/17 to 4/8/17	11:00am - 11:45am	6 classes	Ages: 5 - 6
Kinder Ballet	4/22/17 to 5/27/17	11:00am - 11:45am	6 classes	Ages: 5 - 6
Beg Ballet	1/14/17 to 2/18/17	10:00am - 10:45am	6 classes	Ages: 7 - 11
Beg Ballet	3/4/17 to 4/8/17	10:00am - 10:45am	6 classes	Ages: 7 - 11
Beg Ballet	4/22/17 to 5/27/17	10:00am - 10:45am	6 classes	Ages: 7 - 11
Int Ballet	1/14/17 to 2/18/17	9:00am - 10:00am	6 classes	Ages: 9+
Int Ballet	3/4/17 to 4/8/17	9:00am - 10:00am	6 classes	Ages: 9+
Int Ballet	4/22/17 to 5/27/17	9:00am - 10:00am	6 classes	Ages: 9+



SPORTS

YOUTH SPORTS LEAGUES

The City of Huntington Park's Youth Sports program is recreational in nature and provides a safe, enjoyable and rewarding opportunity for boys and girls ages 4-17 to engage in physical activity. Youth Sports teach life skills like the importance of teamwork, competing through adversity, responsibility, dedication and commitment. At the end of the day, youth sports is simply about having fun, learning how to compete gracefully, and making new friends.



Program	Ages	Fee	Registration
Little Dribblers	4-6	\$65*	12/5/16 to 2/25/17
Youth Baseball	4-11	\$65*	1/3/17 to 3/4/17
Little Kickers	4-6	\$65*	3/6/17 to 5/13/17
Girls' Basketball	7-17	\$65*	1/23/17 to 4/29/17

*Fee is \$65 per child before registration deadline for Huntington Park residents and \$70 per child non-resident. There is a \$10 late fee for all registrations after the deadline.

Registration Requirements

1. Complete the Activity Registration Form and pay the registration fee
2. Sign the Parent Code of Conduct
3. Provide a copy of the participants' birth certificate
4. Please note that there are no refunds after the second scheduled team practice

ADULT SPORTS LEAGUES

The City of Huntington Park's Adult Sports programs provide an opportunity for adults to take part in an organized and structured athletic program that facilitate its participants to achieve a sense of personal enjoyment, physical growth and improvement.

Program	League Night	Team Fee	Registration
Men's Softball (Winter)	Tuesday	\$378	11/14/16 to 1/31/17
Co-ed Softball (Winter)	Wednesday	\$378	11/14/16 to 1/31/17
Men's Basketball (Winter)	Friday	\$412	11/14/16 to 1/13/17
Men's Softball (Summer)	Tuesday	\$378	4/13/17 to 5/20/17
Co-ed Softball (Summer)	Wednesday	\$378	4/13/17 to 5/20/17
Men's Basketball (Summer)	Friday	\$412	3/27/17 to 4/29/17



DROP IN SPORTS PROGRAMS

Program	Day	Ages	Time	Fee	Location
Free Play Soccer*	Mon-Fri	All Ages	2 PM - 4 PM	FREE	Salt Lake Park De Leon Soccer Field
Drop-in Volleyball*	Tuesday	16+	9 PM - 11:30 PM	\$2	Salt Lake Park Gym
Drop-in Soccer*	Wednesday	All Ages	4 PM - 10 PM	\$3	Salt Lake Park De Leon Soccer Field
Free Play Soccer*	Friday	16+	8 PM - 10 PM	FREE	Salt Lake Park Soccer Square
Free Play Softball**	Sunday*	All Ages	6:30 - 9 PM	FREE	Salt Lake Park Baseball Diamonds

*Drop-in schedules are subject to change. For more information please contact the Recreation Center at (323) 584-6218.

**Free play softball will be held every first and last Sunday of the month upon request from park patrons. Please call the Recreation Center at (323) 584-6218 to confirm availability.

FARMERS MARKET

Support Your Local Farmers' Market

Make a healthy choice, grab your market basket and visit the Huntington Park Farmers' Market at Salt Lake Park. The farmers market provides residents access to healthy organic options which complement the City's efforts to become a healthier Huntington Park. This weekly market is open every Wednesday (rain or shine) from 9:30 am to 1:30 pm. Products available at the market include:

-Bee Products	-Baked Goods	-Processed Nuts
-Fruit/Veggie Juices	-Beverages	-Processed Seeds
-Fruit Jellies	-Cakes	-Roasted Corn
-Fruit Juices	-Cookies	-Shaved Ice
-Fruits	-Crepes	-Sprouts
-Herbs	-Fruit Cups	-Vegetables
-Mushrooms	-Spreads	-Wheatgrass Juice
-Nuts	-Granola	-Salvadoran Foods
-Plants	-Kettle Corn	-Mexican Foods

THE SPOT AFTER SCHOOL PROGRAM

The After School Program provides a place for school-aged children to be with their friends, with structured activities, supportive adults, and good nutrition. Participants will engage in various activities including: homework assistance, arts & crafts, intramural sports, board games, healthy snacks, and

Fee: FREE

Ages: 6 - 12

Salt Lake Park	3401 E. Florence Ave.	2:00 - 6:00 pm	Mon - Fri
Robert H. Keller Park	6550 Miles Ave.	2:00 - 5:00 pm	Mon - Thur
Freedom Park	3801 E. 61st St.	2:00 - 5:00 pm	Mon - Fri

